

THE GAME OF LIFE



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HOW TO WIN THE GAME OF LIFE

To make sure, I can win the game of life, I first need to understand:

Objective
of Life

Players of
Life

Rules to
Live the
Life

Tools that
enable me
to Live the
Life



PLAYERS OF LIFE

There are two key players

Mann(Bad Voice) ← → Jot (Good Voice)



Both of them live within me and guide me in different ways to live my life.

Depending upon who I listen I may win or lose the game of life.

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PLAYERS OF LIFE - JOT

It's constantly guiding me to do the **right things** that will help me to make my life easy.
For e.g.

- ✓ **Stay calm** - don't be angry
- ✓ Always **stick to truth** and never lie
- ✓ I can always **improve**
- ✓ Focus on **needs** – Wants are never ending
- ✓ Keep **self reflecting** on your behavior

✓ And the list keeps going on.....

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PLAYERS OF LIFE - JOT

ਸਭ ਮਹਿ ਜੋਤਿ ਜੋਤਿ ਹੈ ਸੋਇ ॥
ਤਿਸ ਦੈ ਚਾਨਣਿ ਸਭ ਮਹਿ ਚਾਨਣੁ ਹੋਇ ॥



As per Gurbani JOT within all of us is exactly the same and It's guiding all of us in exactly the same way.



PLAYERS OF LIFE - MIND

Everything I do and think that is not aligned to voice of Jot is MIND. For e.g.

- ✓ **Its OK to be Angry at times** – It's the best way to make things happen
- ✓ **Lying** is OK
- ✓ I am the **Best**
- ✓ Being **Greedy** is fine
- ✓ **No need to self-reflect** or seek feedback on my behavior

✓ And the list keeps going on.....



PLAYERS OF LIFE - MIND

Player opposite to JOT is MIND.

Mind – My views, behavior, emotions and actions that are not aligned to my Good Voice. It's everything that is not letting me follow the Rules of Good Voice (JOT).

Generally, it's the combination of:



Desires



Anger



Greed



Attachment



Ego

ਪੰਚ ਦੁਤ ਬਿਆਪਤ ਅੰਧਿਆਰ

These five make my bad voice and drives me to unhappiness (darkness)